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## All About Dang Gui:

### An Introduction

*"The Lady's Ginseng."*

### What is Dang Gui?

**Family: Umbelliferae**

**Genus and Species: Angelica sinensis**

Angelica sinensis, a.k.a. Chinese angelica, Dang Gui or is a perennial herb that grows to about 3 feet high and flowers August-September. The root of Angelica sinensis is a well-known Chinese herb that has been used in the treatment of female health problems in China and Korea for thousands of years. Dang Gui's reputation as a tonic is second only to Panax ginseng, and it is particularly famous for its 'blood tonic' effects on women. Dang Gui contains a quantity of vitamin B12 and vitamin E, and biotin, ferulic acid, nicotinic acid, butyldenephthalide, ligustilide, folic acid, saponins, acid, carotene, beta-sitosterol, sesquiterpenes, and carvacrol. A more complete account for Dang Gui's chemical composition can be found from [USDA medicinal plant database](#), Dr. James Duke.

### -Therapeutic Actions:

The root of Angelica sinensis is alterative, analgesic, anticholesterolemic, anti-inflammatory, antispasmodic, emmenagogue, emollient, hepatic, laxative, sedative and vasodilator [ref]. It is commonly used in the treatment of a wide range of women's complaints where it regulates the menstrual cycle and relieves period pain and also to ensure a healthy pregnancy and easy delivery. Dong quai's pharmacologically active ingredients can be grouped into two distinctive components: the water-soluble component, and the alcohol-soluble component containing essential oil. While the former stimulates the uterus, the latter inhibits or relaxes the uterus.

Dang Gui lowers blood pressure, slows heart rate, reduces respiratory rate, dilates coronary vessels and increases blood flow. In animal experiments, Dang Gui has been shown to have immuno-boosting, anti-inflammatory, and anti-bacterial effects. Dang quai also lowered blood cholesterol level in experimental animals, reducing the atherosclerosis formation, and prolonged life. Angelica sinensis has been very popularly used in the treatment of womanly discomforts. When administered for menstrual cramps, it relieves pain and eases the flow of blood.

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